

# Dyshidrosis

Dyshidrosis is a skin condition: small blisters with liquid inside them (called vesicles) appear on the palms of the hands, on the sides of the fingers or on the soles of the feet. These vesicles usually cause intense itching even before the blisters appear on the skin. Sometimes the vesicles cause patches of scaly skin and erosion and cracks that can be very painful. There may also be irritation and skin thickening.



If you scratch the blisters, they can become infected and cause discharge, scabs and inflammation.

Dyshidrosis is not contagious and does not leave scars. The blisters and discomfort appear gradually, often during the hottest seasons (spring and summer) and with more intense bouts, which last 2 or 3 weeks.

Its cause is not known, but it has been associated with other skin conditions: contact dermatitis (especially with nickel), atopic dermatitis, foot fungi (it seems that dyshidrosis in the hands could be a distant reaction), exposure to ultraviolet A (UVA) rays, emotional stress, treatment with intravenous immunoglobulins, chemical irritants (detergents, thinners, etc.). Sometimes, pregnancy can be the trigger, due to hormonal changes.

## How do you treat it?

In the acute stages a treatment for 2-3 weeks with steroid cream is needed.

Treatment for the itching can be oral or topical. Follow your doctor's recommendations.

Try not to scratch yourself so that you don't make the condition worse and increase the risk of infection.



## How can you prevent it?

The most important thing is to try to discover what triggers it in you personally and to avoid that particular thing. Besides this, you should avoid contact with chemical irritants and keep the areas usually affected (hands and feet) well moisturised.

You can wear gloves for doing housework: choose vinyl rather than latex ones.

Avoid exposing to water for over 15 minutes and make sure that it isn't too hot.

We also recommend keeping your feet clean: wash and dry them properly, especially after doing sport. It's best to wear breathable footwear and cotton socks.

